

## Sardine, Egg & Dill Open-Faced Sandwich

いわしと卵のディル風味オープンサンド

Serves 1



### Ingredients

#### Sardine & Egg Spread

- 70 g sardines, drained いわし缶
- 1 large hard-boiled egg (50 g) ゆで卵
- 1½ tsp / 8 g reduced-fat Kewpie mayonnaise キューピーマヨネーズ
- 1½ tsp / 8 g Oikos nonfat Greek yogurt オイコス無脂肪ヨーグルト
- 1 tsp / 5 g lemon juice レモン果汁
- ¼ tsp dried dill ディル
- Pinch salt + pinch MSG 塩+MSG
- Black pepper to taste 黒こしょう

#### Bread

- 1 slice (45 g) Kirkland 21-Grains & Seeds Bread 全粒穀物パン

#### Optional Garnishes

- 20 g cucumber, thinly sliced きゅうり
- 10 g red onion, very thinly sliced 紫玉ねぎ
- 5 g capers, drained ケッパー
- Additional parsley or dill パセリ/ディル

### Instructions

1. Prepare the sardines.  
Drain the **sardines** and place them in a small mixing bowl. Mash lightly with a fork, leaving some texture.
2. Peel and finely chop the hard-boiled egg.
3. Add the **egg, mayonnaise, Greek yogurt, lemon juice, dried dill, salt + MSG**, and **black pepper** to the sardines. Mix until evenly combined.
4. Taste and adjust seasoning.  
Add additional pepper or lemon juice if desired.
5. Toast the bread lightly if desired.
6. Spread the sardine and egg mixture evenly over the bread.
7. Top with **cucumber, red onion, capers**, and additional **parsley** or **dill** if using.

### Suggested Accompaniments

#### Option 1

- Fresh tomato slices with black pepper トマトスライス

#### Option 2

- Cucumber salad きゅうりサラダ

#### Option 3

- Fresh fruit (melon, papaya, or nashi) フルーツ

#### Option 4

- Vegetable soup 野菜スープ

## **Nutrition**

### **Per Sandwich**

Kcal total: **335** | Protein: **22 g** | Fat: **17 g** | Sat Fat: **3 g** | Carbs: **18 g** | Sugars: **2 g** | Fiber: **3 g** | Sodium: **500 mg** | Omega-3: **2.5 g**

---

### **Notes**

- Replacing half the mayonnaise with Greek yogurt reduces calories while adding protein and a pleasant tang.
- Dried dill provides a classic Scandinavian flavor profile that pairs exceptionally well with sardines.
- Capers are highly recommended if available, as they complement both the fish and the lemon.
- The spread can be prepared several hours ahead and refrigerated.
- This recipe provides an excellent Omega-3 boost and is particularly suitable for a high-protein lunch.
- For a larger meal, serve on two slices of bread as a closed sandwich or alongside a simple salad.
- This recipe is ideal for lunch rotation because it uses inexpensive pantry ingredients while delivering excellent nutrition and satiety.